

## Preparing for Emergencies

### DISASTER SUPPLY KIT ESSENTIALS

#### Medical:

Sterile bandages  
Scissors  
Tweezers  
Needle  
Moist towelettes  
Antiseptic  
Thermometer  
Petroleum jelly  
Cleanser/Soap  
Aspirin/pain reliever  
Antacid  
Gloves  
Alcohol swabs  
Rubbing alcohol  
Sterile water (not for drinking)  
Medical Tape

#### Sanitation:

Soap  
Personal hygiene items  
Plastic bags with ties  
Plastic bucket with lid  
Disinfectant  
Household chlorine bleach

#### Food and Water:

Store water in ratios of one gallon per person for three days in plastic containers  
Store at least three days of non-perishable food that requires little to no water

#### Tools and Supplies:

Paper products: cups, plates, napkins, & utensils  
Battery operated radio with extra batteries  
Flashlight/extra batteries  
Utility knife and non-electric can opener  
Pliers  
Tape  
Signal flares  
Needles & thread  
Wrench  
Map of area  
Aluminum foil  
Plastic sheeting

It is suggested to also keep important family documentation with you in a watertight container.



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### More Information

#### **U.S. Department of Homeland Security**

<http://www.ready.gov> or call 1-800-BE-READY for a free brochure

#### **U.S. Federal Emergency Management Administration**

<http://www.fema.gov> or call 1-800-480-2520 for free publications

#### **Centers for Disease Control and Prevention**

<http://www.cdc.gov>

#### **American Red Cross**

<http://www.redcross.org> or call 1-866-GET-INFO

For CPR training or information on how to volunteer locally  
<http://www.chicagoredcross.org> or call (312) 729-6100

#### **Illinois Emergency Management Administration**

<http://www.state.il.us/ema/>  
Cook County Region Four  
(847) 294-4717

#### **Cook County Government**

<http://www.cookcountysheriff/ema>  
(708) 865-4766

This information was prepared with the latest news provided by federal and local government agencies compliments of Congressman Dan Lipinski.

Please note that information is constantly being updated, so check the websites listed often to learn about the most current information on ways to keep you and your family prepared in the event of an emergency.

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## PREPARING FOR EMERGENCIES

The American Red Cross has initiated a program called "Together We Prepare" which recommends five simple steps to prepare for emergencies...

- Make a plan
- Prepare a kit
- Get trained
- Volunteer
- Give blood



Learn how to prepare for any type of emergency with...

- Checklists
- Basic guidelines for planning family response to an emergency situation
- Resources on planning for emergencies

Provided by the Office of  
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# Preparing for Emergencies

## Shelter-in-Place

If you are asked to Shelter-in-place, do the following:

- Immediately go inside. Bring pets inside too.
- Close and lock all windows and doors. Stay Calm. Stay off the telephone. Grab your emergency kit.
- Turn off heating and cooling systems.
- Turn on the radio to a local emergency stations and following further instructions.
- If you are told to protect your breathing due to hazardous chemicals, place a wet cloth over your face if possible.
- After the emergency is over, you will likely be instructed to air out your home.

## If You Need to Evacuate

- Listen to battery operated radio for closest emergency shelter location.
- Wear protective clothing and footwear.
- Take your Disaster Supply kit.
- Lock your home.
- Use the travel routes specified by emergency information provided.
- If there is time, when instructed to do so shut off water, gas, and electricity.
- Make contact with family to determine whereabouts and inform each where you are going.
- Do not bring pets to shelters.

# Preparing for Emergencies

## Make a Plan

- It is crucial to make a family plan. Discuss what type of emergency situations can happen in your area.
- Designate safe spots within your home for each type of possible disaster.
- Discuss what you should do in a power outage in your area and how to address personal injuries in such cases.
- Educate you and your family members of how to turn off water, gas, and electricity at the main switches when necessary.
- Post emergency contact information near the telephones.
- Designate two emergency contacts, one local and one out-of-state, in the event that you are separated from the family in an emergency situation; and memorize the information.
- Take first aid and CPR training.
- Prepare a disaster supply kit and place in area where all family members are aware of it.
- In the event of an emergency, tune into an emergency broadcast station and follow instructions immediately.

**Local Radio Stations**  
**WMAQ AM 670 WGN AM 720**  
**WBBM AM 780 WLS AM 890**

**Local Television Stations**  
**WBBM- TV Channel 2 (CBS)**  
**WFLD-TV Channel 32 (FOX)**  
**WMAQ-TV Channel 5 (NBC)**  
**WLS-TV Channel 7 (ABC)**  
**WGN-TV Channel 9**

# Preparing for Emergencies

## Personal Contact Information

**Out of State Contact**  
 Name \_\_\_\_\_  
 City/State \_\_\_\_\_  
 Phone (DAY) \_\_\_\_\_ (NIGHT) \_\_\_\_\_

**Local Contact**  
 Name \_\_\_\_\_  
 Phone (DAY) \_\_\_\_\_ (NIGHT) \_\_\_\_\_

**Nearest Relative**  
 Name \_\_\_\_\_  
 City/State \_\_\_\_\_  
 Phone (DAY) \_\_\_\_\_ (NIGHT) \_\_\_\_\_

**Emergency Telephone Numbers**  
 Police or Fire Emergency: **Call 911**  
 Area Hospital \_\_\_\_\_  
 Phone \_\_\_\_\_

**Family Physicians**  
 Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Name \_\_\_\_\_  
 Phone \_\_\_\_\_

**Emergency Plan**  
 Reunion location 1 \_\_\_\_\_  
 Reunion location 2 \_\_\_\_\_  
 Phone \_\_\_\_\_